



## **Long Beach Police Academy Physical Training Program for Police Recruits**

The Long Beach Police Academy physical training program follows the new California Peace Officer Standards and Training guidelines. The physical training program is developed to create a tactical athlete through a functional fitness curriculum. While running in formation is still apart of the program, the core of the training includes fitness that meets the operational and physiological demands of today's police officer. The program includes aerobic, anaerobic, agility, strength, and conditioning exercises and recruits are expected to show a high level of motivation and enthusiasm.

Our goal is to instill a commitment to lifetime fitness and to develop the habits that promote a healthy lifestyle. Below is a sample of three workouts that are typical of the current physical training program:

### **“Deck of Cards”**

Each suit on the deck of cards has a specified exercise and the number on the card is amount of reps for each. Face cards may be all 10 reps or may be 11, 12, 13 or 14.

Below is an example of a “Deck of Cards” work out:

Diamonds: push ups  
Hearts: squats  
Spades: sit ups  
Clubs: burpees  
Jokers: 200 meter run and six-foot wall jump

### **Body Weight Circuit Workout**

5 pull-ups – 10 pushups -- 15 air squats  
As many rounds as possible in 20 minutes

### **“Ab” Circuit Warm Up**

As many reps as possible in 20 seconds of work and 10 seconds rest using the following exercises:

Sit Ups - “V” Ups - Crunches - Flutter Kicks - Bicycle Crunches  
Planks - Horizontal Flutter Kicks - Russian Twists

Explanations and demonstrations of all of these exercises can be easily found on-line or on any functional fitness website such as <http://www.crossfit.com/cf-info/exercise.html> and <http://www.s2performancetraining.com/>

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself.